

# Swartz Creek Cross Country PPM Training

## Introduction



This program focuses on the individual and requires runners to keep records of distances and times in order to determine what to do next.

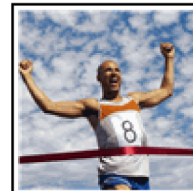
## What you'll need:

- Stopwatch
- Training Log



## Program Goals:

- Develop consistent training – running *every day or almost every day*.
- Build Mileage & improve the oxygen delivery system – *endurance*.
- Lay the foundation for later training.
- Improve training *pace*.



This program is usually completed in the off-season. Often times runners will complete this training on their own or in small groups. Before beginning the program, athletes should get a couple weeks of consistent daily running under their belts.

To assist athletes we have provided charts to guide your training. While the charts provide a plan for determining training, they are **not carved in stone**. Every runner is different and each day has a specific purpose that affects later training. Please consult your coach often as you progress through the program.

## PPM Program Pacing Chart

Timed Mile (All Out)	PPM Goal (Hard)	CT Pace (Easy)
8:00	8:55	9:40
7:50	8:45	9:30
7:40	8:35	9:20
7:30	8:25	9:10
7:20	8:15	9:00
7:10	8:05	8:50
7:00	7:55	8:40
6:50	7:45	8:30
6:40	7:35	8:20
6:30	7:25	8:10
6:20	7:15	8:00
6:10	7:05	7:50
6:00	6:55	7:40
5:50	6:45	7:30
5:40	6:35	7:20
5:30	6:25	7:10
5:20	6:15	7:00
5:10	6:05	6:50
5:00	5:55	6:40
4:50	5:45	6:30
4:40	5:30	6:15
4:30	5:20	6:05

## Basic Concepts:

- **PPM** Runs - Hard "pace-per-mile" runs at a race-like pace. The short PPM time determines the target for the long PPM.
- **CT** Runs – Moderate/easy recovery runs at "critical threshold", about 45 seconds per mile slower than PPM **or slower**. Do not confuse this with *lactate threshold*, which is a much harder effort.
- **TM** - Timed Mile, run all out. This determines target pace for PPM and interval training.
- **CD** - Consecutive Days of running.
- **LR** - Longest non-stop run of the week, usually run at CT pace.
- **LD** - Longest total mileage day of the week.

## Training Paces

For simplicity's sake, you can use this general rule for calculating your PPM Goal and CT Pace. To calculate your PPM goal, **add 55** seconds to your timed mile. If you happen to run a timed mile under 4:50, add 50 seconds. To calculate your CT pace, **add 45** seconds to to your PPM pace. See the pacing chart above right.

## Training Distances

The charts on the following page are another tool in the program. They help determine the weekly mileage goal or **volume**. Moving down the charts is determined by many factors, including long PPM pace and CT pace. Runners will advance **at most** three steps in a row before maintaining that level for three more weeks.

**Weekly Run Schedule for Boys and Advanced Girls (Mileage Shown)**

Weekly Goal	Mon CT	Tues TM/CT=LD	Wed CT	Thurs SPPM	Fri CT	Sat LPPM	Sun LR
<b>10 miles</b>	1	1/3	1	1	1	2	2
<b>20 miles</b>	3	1/4	2	1	2	3	4
<b>30 miles</b>	4	1/5	5	2	5	4	6
<b>40 miles</b>	6	1/7, 2/6	6	3	6	5	8
<b>50 miles</b>	6	1/8, 2/7, 3/6	8	4	8	6	9
<b>60 miles</b>	9	1/9, 2/8, 3/7	9	4	9	8	10
<b>70 miles</b>	7	1/10, 2/9, 3/8	4/7	4/4	4/7	4/6	3/12
<b>80 miles</b>	8	1/11, 2/10, 3/9	4/9	4/4	4/9	4/8	4/12
<b>90 miles</b>	10	1/12, 2/11, 3/10	4/10	4/4	4/10	4/10	4/13
<b>100 miles</b>	11	1/12, 2/11, 3/10	5/12	5/4	5/12	5/12	4/14

**Weekly Run Schedule for Girls and Young Boys (Mileage Shown)**

Weekly Goal	Mon CT	Tues TM/CT=LD	Wed CT	Thurs SPPM	Fri CT	Sat LPPM	Sun LR
<b>7 miles</b>	1	1/0	1	1	1	1	1
<b>14 miles</b>	2	1/2	2	1	2	2	2
<b>21 miles</b>	3	1/3	3	2	3	3	3
<b>28 miles</b>	3	1/5	4	3	3	4	5
<b>35 miles</b>	5	1/6	4	4	4	5	6
<b>42 miles</b>	6	1/7, 2/6	5	4	6	6	7
<b>49 miles</b>	7	1/8, 2/7	6	4	7	7	9
<b>56 miles</b>	8	1/9, 2/8, 3/7	8	4	8	8	10
<b>63 miles</b>	9	1/11, 2/10, 3/9	9	4	9	9	11
<b>70 miles</b>	10	1/13, 2/12, 3/11	11	4	10	10	12

The numbers given above are distances for the continuous runs and **do not** include any warm-up or cool-down distances. All runs should be timed and recorded in your **training log**. Calculate your pace per mile (PPM) for every run so you can compare performance at different distances. This will help us to monitor progress and troubleshoot when problems arise.

In each phase of your training we'll be attempting to hit **landmarks**, which indicate that the athlete is ready to move on to the next phase. In the PPM program, the landmark for girls is a consistent minimum PPM pace of 8:00 per mile. However, a 7:00 per mile PPM indicates great times to come!

The landmark for boys is a consistent minimum PPM pace of 7:00 per mile. However, a 6:00 per mile PPM indicates great times to come!

When used together, your stopwatch, training log, the PPM Pacing Chart, and the Weekly Mileage Schedule provide a strong foundation for the next phase of our training – **Slow Intervals**.